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K-os coming back to O-Town

Free New Year's Eve Capital Countdown on Sparks Street show a chance for musician to pay homage to late drummer PAGE 3

Superman? More like mediocre, man

A roundup of movies deemed the absolute worst of 2013 PAGE 10

A Christmas card mission

Kaitlin McNamara, CEO of artisan postcard vendor Kissy Post, is organizing a postcard-signing initiative for those in need at the Ottawa Mission. LUCY SCHOLEY/METRO

Kissy Post. Vendor promotes postal philanthropy to show homeless Ottawa cares

LUCY SCHOLEY
ottawa@metronews.ca

While many choose to donate money to charity over the holiday season, Kaitlin McNamara is promoting philanthropy with pen and postcard.

The CEO of Kissy Post, an artisan postcard vendor, has a more simple approach: Write a note this holiday season to people without homes or mailboxes — people staying at the Ottawa Mission.

"We all have the ability to check our mailbox every day," she said. "But to the folks that are staying at the Mission, they don't have that luxury — a small luxury — but they don't have it at all. So for them to get mail, it isn't something that they do every day."

McNamara is organizing a postcard-signing event at Blue Bird Coffee to encourage the small act of kindness. With a $5 donation, anyone can write an encouraging note to someone staying at the Ottawa Mission with one of her limited-edition postcards. Four dollars of every donation will go to the homeless shelter for men, with the rest covering printing and handling costs.

The postcards will be delivered later that evening, following a Christmas Eve church service.

McNamara had thought about donating a toonie or a loonie with each postcard — possibly for a coffee — but decided the written word was a more "tangible" gift.

"I think words have an ability to, over time, settle with someone," she said. "They can read it over and over again if they choose to. It might create change in more of a positive way than receiving a loonie would."

Her goal is to get 150 people out to Blue Bird Coffee on Christmas Eve and have each write a postcard. She already has a bus lined up from her hometown of Smiths Falls. Her fundraising goal is $500.

To write a postcard to someone in need, head to Blue Bird Coffee at 261 Dalhousie St. Christmas Eve between 10 a.m. and 2 p.m.

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K-os to ring in new year

Full circle. Ottawa show a chance for singer to pay homage to drummer

TREVOR GREENWAY
Metro in Ottawa

Canadian rapper K-os really could have spent New Year's Eve anywhere in the world — New York City, Paris, Japan.

But, like many things in life, Kevin Brereton's career has come "full circle."

The 41-year-old singer, songwriter and producer has chosen to ring in the new year where his music career began, where he first entered a music studio, where he became K-os: Ottawa.

He's the headliner for the city's biggest party of the year — the New Year's Eve Capital Countdown on Sparks Street.

"This is so amazing that, at this point of my career, 10 years in, I am back in Ottawa rocking on New Year's," Brereton told Metro Monday.

The show will be a bit bittersweet for the Toronto-born musician, as it will be the last time he plays live with his current band.

Tragedy struck the band when legendary drummer Ray Garraway suddenly died earlier this fall. The loss sent Brereton back to the drawing board to change things up in the new year.

"When that happened, I kind of shut everything down, because I had no idea how to even conceive playing without him," he told Metro. He added that he turned down many shows, but kept his Ottawa New Year's gig to pay homage to his fallen comrade and to ring in the new year properly.

"People celebrated New Year's many ways, but for me, playing music, ringing New Year's in by actually being onstage just sets the tone for what I am about in 2014."

3,2,1 ... happy new year!

What else is happening at Ottawa's free admission NYE countdown?

- Ottawa bands Loon Choir and Cardboard Crowns open up the show
- Midnight Maple Leaf Drop
- NYE live countdown
- Fireworks at midnight

Canadian rapper K-os is headlining Ottawa's Capital Countdown for New Year's Eve. ANDREW FRANCIS WALLACE/TORSTAR NEWS SERVICE

Dog saved, but Glebe home engulfed in flames

A Monday fire displaced three people. TREVOR GREENWAY/METRO

Mary O'Driscoll will likely spend Christmas in a hotel after fire engulfed her Glebe home Monday afternoon.

She had been baking Christmas apple pies when the fire broke out in a third-floor apartment unit and quickly spread to the roof of the house at 150 Third Ave. Minutes later, she was out in the cold with just a sweater, watching in horror as firefighters tried to save her Yorkshire terrier still trapped inside.

"You should have seen it. It was so sweet and heartbreaking," said O'Driscoll, cuddling with her dog, Bella, outside as firefighters continued to quell the blaze.

"You could see Bella's face in the window. At first it was a massive relief because she knew I was there and alive, but then it became a race against time." O'Driscoll said "gallant" firefighters smashed through the window with an axe and saved her dog.

O'Driscoll said she was confused when the fire broke out, as she believed nobody was home in the apartments above hers. She said she began frantically knocking on doors and calling her neighbours' cellphones, worried someone might be trapped inside.

"We knew the place was on fire, but we didn't know how bad it was because we had no access to the upstairs," she said. Flames from a mattress on the third floor quickly spread to the roof, but firefighters say they still aren't sure what started the afternoon blaze that caused $450,000 in damage.

Capt. Scott McLennan said crews had a hard time battling the fire because of the old, heavy timber construction of the home. Nobody was injured, but O'Driscoll and two other people have been turned out of their homes. TREVOR GREENWAY/METRO

Richmond Road

Police search for robbery suspect

Police in Ottawa are asking for help identifying a robbery suspect who they say hit a bank on Richmond Road and fled with cash Dec. 18.

The suspect is described as 35 to 40 years old with a medium build. He has short reddish hair. The man was wearing a black hoodie with a Miami Heat logo on the front. Anyone with information is urged to call police at 613-236-1222 ext. 5116 or Crime Stoppers at 613-233-8477 (TIPS) or toll free at 1-800-222-8477. TREVOR GREENWAY/METRO

The suspect POLICE HANDOUT

Getting into the spirit

Winchester boy gets new bike after losing one he saved up for to theft

An 11-year-old Winchester boy got a surprise Monday when police and the Morrisburg Canadian Tire gave him a new bike to replace one that had been stolen.

Cody Broadfoot had been saving up the cash he got from chores and his allowance since 2009. Police found his bike in pieces when they arrested a suspect — whom they also linked to two other bike thefts — but they couldn't get the bike back together. That's when Canadian Tire stepped in with a new bike, and a bike lock. TREVOR GREENWAY/METRO

OPP Const. Theresa Lauzon, left, Adam Casselman and Brian Shaver, of Canadian Tire, present Cody Broadfoot, centre, with a bike. CONTRIBUTED

A city employee demonstrates the Presto payment system.
LAURA MUELLER/METROLAND NEWS SERVICE

The mayor says he hears you — he just might not agree

Year-end interview. Upset about buses? Problems with Presto? Watson is listening, but says he 'can't simply be a weather vane'

SEAN MCKIBBON
sean.mckibbon@metronews.ca

Just because city council doesn't do what you want them to, doesn't mean they aren't listening — it just means they don't agree, said Mayor Jim Watson.

In a year-end interview, Watson said there's a big difference between listening to people and agreeing with them.

For those opposed to the redevelopment of Lansdowne Park, upset about buses on Scott Street or unhappy with the Presto transit-card experience, if it seems as if your complaints are falling on deaf ears, it may just be that they're disagreeing ears.

"Leadership is about taking a position and moving forward. You can't simply be a weather vane," Watson told Metro, explaining that there was little choice for the city when it decided to redirect buses from the Transitway along Scott Street to allow for work on the LRT project.

"In a growth period like we're experiencing, you're going to have some disruption in the status quo," he said. "I ask people to think of the long-term benefit of having all those buses off Scott Street — Scott Street turning into a complete street (with) more trees, better sidewalks, less diesel coming out of buses that are already on Scott Street."

Watson expressed similar skepticism that complaints about Presto payment cards represent any sort of large-scale problem.

"I learned a long time ago that just because two or three people call the media and complain, don't panic," he said. With more than 100,000 Presto cards in circulation, he said complaints would be much more widespread if there were a cause for alarm. He added that he'd followed a few cases of user complaints and they were evenly split between user error and actual problems with the system.

"With anything there will be growing pains," he said.

Economic development

Is Ottawa just a government town?

"It will always be a government town because we're the capital," said Watson. "Because of the federal government downsizing, it's becoming less dependent. We're seeing a lot of movement in the private sector — everything from Shopify doubling to the Cisco announcement (expanding its operations) — it could have been anywhere in the province, the country or the world and they chose Ottawa.... While there's still some dark clouds as to what the next federal budget is going to bring in terms of other potential job cuts, our employment rate is still below the national average and we have a very stable and predictable economy here that is the envy of a lot of cities around North America."
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Hydro crews work around the clock to get lights on

Ice storm. Hundreds of thousands in Ontario, Quebec and New Brunswick may still be without power on Christmas Day

A crew subcontracted to assist with restoring power following the ice storm in Toronto works on a power line Monday. MATTHEW SHERWOOD/THE CANADIAN PRESS

A nasty ice storm that left hundreds of thousands without power in Ontario and Quebec tracked through the Maritimes on Monday as authorities worked frantically to clear tree-strewn roadways, restore downed hydro lines and get stranded travellers to their destinations.

Hydro companies in the Greater Toronto Area — which appeared to be the hardest hit by the weather system — warned some residents to brace for the possibility of being without power until Boxing Day or later.

Some neighbourhoods resembled crime scenes, with yellow tape used to cordon off areas where electric wires or large trees had come crashing down over the weekend. Sidewalks around some highrise buildings were also closed off due to the risk of falling ice.

Meanwhile, travellers trying to get home for the holidays continued to face delays and cancellations on airlines and trains.

Environment Canada said the storm had hit Eastern Canada hard.

"It was a mighty blow," senior climatologist David Phillips told The Canadian Press. "It came at a really difficult time for people travelling and doing last-minute shopping."

The weather agency said the system had turned particularly vicious thanks to a combination of warm air from Texas colliding with cold air over Canada to create a drawn-out period of freezing rain.

"We had freezing rain from south of London, all the way through to Ottawa and Montreal and southern Quebec and now today to central and southern New Brunswick, all of P.E.I. and most of Nova Scotia," said Phillips. THE CANADIAN PRESS

Power outages

- In Quebec, nearly 45,000 customers remained without power, largely in the province's Eastern Townships.
- In New Brunswick, the freezing rain that continued to fall Monday hampered efforts to restore power to thousands of customers in the province's southwest. By mid afternoon, NB Power said more than 21,000 customers were without power.

Rizzuto. Alleged head of Montreal Mafia dies in hospital of natural causes

Vito Rizzuto, the reputed head of the Montreal Mafia who built a powerful criminal organization with international tentacles, died in hospital Monday.

Rizzuto, 67, passed away of natural causes, said Maude Hebert-Chaput of Montreal's Sacre-Coeur Hospital.

His death raises questions about the future of the Rizzuto clan's decades-old empire, which was crippled by his 2006 extradition to the United States. THE CANADIAN PRESS

Vito Rizzuto, in a handout photo released in Rome by Italian police in 2005. THE CANADIAN PRESS FILE

Russia

Pussy Riot members say release is PR stunt

The last two imprisoned members of the Russian punk band Pussy Riot walked free Monday, criticizing the amnesty measure that released them as a publicity stunt, with one calling for a boycott of the Winter Olympics to protest Russia's human-rights record. Maria Alekhina and Nadezhda Tolokonnikova say it's Kremlin's attempt to soothe criticism of Russia. THE ASSOCIATED PRESS

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Market endorses Apple deal with China Mobile

Fighting back. Alliance is tech giant's latest attempt to gain smartphone-market share in world's most populous country

A woman using a phone walks past Apple's logo near its retail outlet in Beijing Monday. THE ASSOCIATED PRESS

Apple's stock rose 3 per cent in morning trading on Monday, a day after the company announced a long-anticipated agreement to bring the iPhone to China Mobile, the world's biggest phone company.

The deal has the potential to boost iPhone sales in a market where Apple Inc. faces intense competition. But even with China Mobile Ltd.'s vast state-owned network, marketing power and more than 750 million mobile accounts, the iPhone has enormous challenges to overcome in the world's most populous nation.

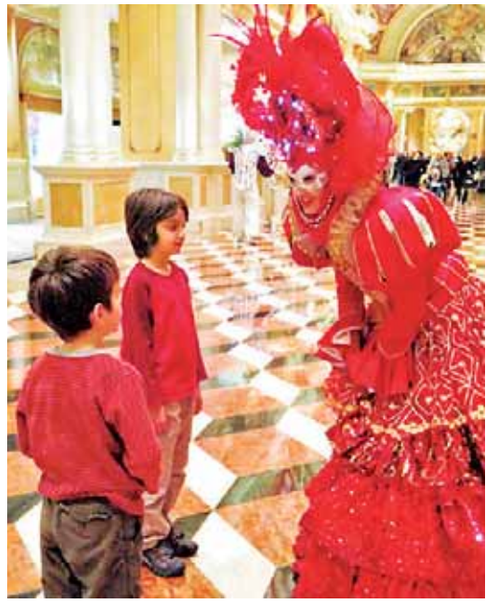
Apple's smartphone is already available in China through two smaller carriers, and although it is popular with well-heeled Chinese customers, the iPhone is losing market share to lower-priced smartphones from Samsung and local brands.

The iPhone 5S and 5C will go on sale in Apple and China Mobile stores beginning Friday, Jan. 17. China Mobile customers can register for phones starting Wednesday.

The companies didn't announce pricing or the terms of the agreement.

The deal comes a month before China's Lunar New Year holiday in late January, a big gift-buying season. That "will provide an immediate boost to Apple's share in China," said analyst Nicole Peng of Canalys, a research firm.

THE ASSOCIATED PRESS



Viva Las Vegas turnin' day into Christmastime

Brothers Joaquin, left, and Sebastian visit with the Red Queen during the third-annual Winter in Venice event at the Venetian hotel-casino on the Las Vegas Strip Dec. 5. Las Vegas casinos have begun staging elaborate Christmas events in recent years to attract tourists during the slow winter months. HANNAH DREIER/THE ASSOCIATED PRESS

Bordeaux vineyard

Chinese tycoon, son die in aircraft crash in France

A Chinese businessman, his 12-year-old son and two other people died in a helicopter crash as they toured Bordeaux vineyards he had recently purchased, French authorities said Monday.

THE ASSOCIATED PRESS

Market Minute

DOLLAR 94.24¢ (+ 0.33¢)

TSX 13,447.70 (+ 48.10)

OIL $98.91 US (- $0. 41)

GOLD $1,197 US (- $6.70)

Natural gas: $4.48 US (- 0.01)
Dow Jones: 16,294.61 (+ 73.47)

Mikhail Kalashnikov, designer of AK-47, dies at 94

Mikhail Kalashnikov designed the world's most popular firearm — the AK-47 assault rifle, dubbed the "Kalashnikov." THE ASSOCIATED PRESS FILE

Mikhail Kalashnikov started out wanting to make farm equipment, but the harvest he reaped was one of blood as the designer of the AK-47 assault rifle, the world's most popular firearm.

It was the carnage of World War, when Nazi Germany overran much of the Soviet Union, which altered his course and made his name as well known for bloodshed as Smith, Wesson and Colt. The distinctive shape of the gun, often called "Kalashnikov," appeared on revolutionary flags and adorns memorabilia.

Kalashnikov died Monday at age 94 in a hospital in Izhevsk, the capital of the Udmurtia republic where he lived, said Viktor Chulkov, a spokesman for the republic's president. He did not give a cause of death. Kalashnikov had been hospitalized for the past month with unspecified health problems.

The AK-47 — "Avtomat Kalashnikov" and the year it went into production — is the world's most popular firearm, favoured by guerrillas, terrorists and the soldiers of many armies. An estimated 100 million guns are spread worldwide.

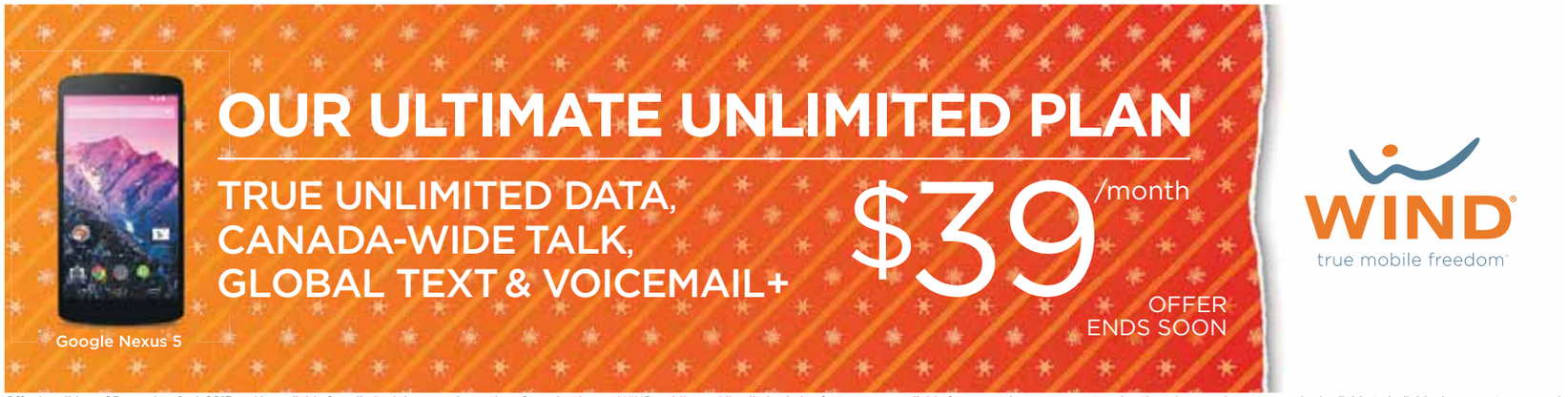
Though it isn't especially accurate, its ruggedness and simplicity are exemplary: It performs in sandy or wet conditions, which jam more sophisticated weapons such as the U.S. M-16.

THE ASSOCIATED PRESS

Clear conscience

Mikhail Kaslashnikov often said he felt personally untroubled by his contribution to bloodshed.

- "I sleep well. It's the politicians who are to blame for failing to come to an agreement and resorting to violence," he told The Associated Press in 2007.



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HAPPY BIRTHDAY, CHRISTMAS BABY

SHE SAYS

Jessica Napier
metronews.ca

I'm going to take a moment to abuse my power as a newspaper columnist and send a very Happy Birthday shout-out to my boyfriend. Yes, my poor significant other has a dreaded Christmas Eve birthday. Even his name — Christopher — echoes the omnipresent holiday that falls on his special day.

Often overlooked and forgotten during the busy holiday season, he has quite a few childhood stories of birthdays spent alone at the ice rink and forced "half-birthday" celebrations in June that always seemed a bit lackluster.

He is not alone in his misery. Many Capricorn babies are quite vocal about their ill-timed birthdates and the dreaded Birthday-Christmas combo gifts. Why is it that a joint gift would be a complete outrage for an individual born in June but it's totally justifiable for anyone afflicted with a December 25th adjacent birthdate?

There are even parenting blogs dedicated to helping couples avoid conceiving a baby with a holiday due date. In case you're wondering, it's best to avoid the bedroom around the end of March if you want to skip a Christmastime delivery.

I am blessed with a mid-August birthday which always meant pool parties with friends and sun-kissed picnics in the park. I recognize how fortunate I am — I have never received a tree ornament as a birthday gift — and as such, I believe that all late December babies are fully entitled to their self-righteous whining. Sulk away Christmas babies! Because regardless of whether or not you choose to celebrate, this eternally merry and bright holiday is impossible to ignore.

Competing with Christmas is not an option and so yuletide birthdays will inevitably become an afterthought. Birthday gifts are wrapped in snowman-print paper, tinsel garlands adorn the hallways instead of balloons and banners, and an abundance of gingerbread cookies and candy canes are placed around the house so that requesting an actual birthday cake seems out of the question.

Worse still is the absence of people willing and available to celebrate your special day. Absentee friends are out of town or suffering from holiday party fatigue. Even those high school acquaintances you never speak to are too distracted to remember to leave an obligatory 'Happy Birthday' Facebook wall post.

Of course there are some perks: Everyone is already in a celebratory mood, you'll probably have the day off work or school, and you'll be surrounded by all of your family (this may or may not be a good thing). If you're very lucky, perhaps some sympathetic friends and family will try to overcompensate with some extra special attention.

But perhaps we can all take a little time this holiday season to do our part to make the neglected birthday boys and girls feel extra special. And please, no combo gifts.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

Photog captures icy bear stare

COURTESY PAUL SOUDERS/NATIONAL GEOGRAPHIC PHOTO CONTEST

Polar bear pic wins top award

An eerie picture of a polar bear lurking beneath melting sea ice has won the grand prize of the 2013 National Geographic Photo Contest.

Seattle-based photographer Paul Souders captured this striking image last year in Hudson Bay, as the setting midnight sun glowed red from the smoke of distant fires. METRO

Q and A

'Hasn't been done before'

PAUL SOUDERS
Wildlife and travel photographer, 52, based in Seattle, Wash.

How did this photograph come about?
In July last year, I travelled to Churchill, Man., and in my inflatable zodiac boat I found one bear. She swam up to an iceberg, ducked under and stayed underwater for several seconds. She hung there, just below the surface, watching me, then came up for another breath before swimming away.

The polar bear looks pensive yet menacing. How does she seem to you?
It's so spooky, knowing that the bear was peering back at me, so watchful and curious. It really feels like a moment of communion and trust for me.

Why do you think it caught the judges' eyes?
It's pretty tough to create a picture that hasn't been done before, and I think maybe this is one of them.

Clickbait

LUKE SIMCOE
Metro Online

ISTOCKIMAGES

Maybe you want to save the environment. Maybe you just want to save time. Or maybe it's Christmas Eve and you forgot to send your mother a card. No matter your reason, Metro has you covered with a few ways to use social media as a substitute for a holiday card.

Facebook:
The world's most popular social media site is actually pretty full-featured when it comes to disseminating holiday cheer. You can craft a simple status update, tag your friends and family in a post, or upload and share a Christmas-themed photo album.

Instaquote:
Available for both iOS and Android, this simple app lets you superimpose text onto Instagram shots. Grandma is sure to love a selfie captioned with "Season's Greetings!"

Touchnote.com:
If you just can't go without the tactile sensation of a tacky Christmas card, consider Touchnote. The site lets you make a card using their online editor and then actually mails it for you to. No more licking stamps!

Comments

RE: Nova Scotia Still Bucking Boxing Day Trend By Keeping Stores Closed On Dec. 26, published online Dec. 23

A government shouldn't even have any say on when a business can open or not. We live in a free country.
Mythos88 posted to metronews.ca

Good for N.S. and let's keep it up. Retail workers already get so few real holiday days (because most so called 'holidays' only benefit students/teachers and certain government workers) to spend with their families, now heaven forbid greedy people might have to, gasp, wait two days to buy their Boxing Day sales items!
Jillian posted to metronews.ca

WE WANT TO HEAR FROM YOU:
Send us your comments: ottawaletters@metronews.ca

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Bruce Willis wallops the legacy of John McClane for a quick paycheque in A Good Way to Die Hard. CONTRIBUTED

The worst of film in 2013

Forgettable fare. In a year of great films, there were still plenty of stinkers

NED EHRBAR
Metro World News in Hollywood

Yesterday we looked at some of the best films of 2013. Today, to balance out that bright note, we look at some of the dark spots of 2014.

Man of Steel
While there may have been many technically worse films this year, Zack Snyder's bombastic, tone-deaf update on Superman fails on a spectacularly higher level. Consider it a weighted grade. Moralizing, wanton destruction and clumsy product placement are a tough mix.

A Good Way to Die Hard
Bruce Willis further tarnishes the legacy of John McClane with this loud and un-fun entry that's a Die Hard film in name only. Maybe he's squinting the whole time because he can't bear to look at what he's creating.

Safe Haven
Romance-loving audiences deserve better than this poorly executed dreck from the mind of bestseller Nicholas Sparks. From the wooden acting to the contrived plot to the limping pacing, this would've seemed bad as a Lifetime movie.

Free Birds
Kids' movies generally get more of a pass critically, but some things we can't let slide. Children deserve better than this odd, clumsy tale of turkeys stealing a time machine to change the menu at the first Thanksgiving.

The Last Stand
The kitschy 1980s action tropes that made Arnold Schwarzenegger a star just don't work anymore, as the former California governor painfully learned when no one showed up to see his first starring vehicle since returning to acting. Bizarre character actor Peter Stormare attempting a Texas accent almost makes it worth enduring. Almost.

The Host
There's a certain amount of satisfaction to be taken in watching Twilight guru Stephenie Meyer's attempt at a follow-up franchise crash and burn, but it's a shame it had to involve the lovely Saoirse Ronan. Still, she should come out of this fine.

Delivery Man
Listen, if Vince Vaughn isn't going to bother showing up for his films anymore, why should we? Paying to watch a haggard movie star sleepwalk through scenes doesn't sound like very much fun.

Stand Up Guys
Al Pacino and Christopher Walken as aging wiseguys felt like a throwback itself in all the wrong ways. And in a year dispiritingly full of signs of creeping chauvinism and misogyny, this was one of the worst offenders.

Romeo and Juliet
Julian Fellowes' take on Shakespeare's classic teens at least gave audiences a new appreciation for Baz Luhrmann.

Comedy

Grudge Match

Director. Peter Segal

Stars. Robert De Niro

Rocky or Raging Bull, who would prevail in a boxing match? That's the question asked in Grudge Match. Robert De Niro and Sylvester Stallone star as retired Pittsburgh boxers who get the chance to step back in the ring to settle a three decade old grudge and make "Kardashian sex tape" kind of money. This is a new story, occasionally funny and touching by times, but with lots of elements borrowed from other classic movies.

RICHARD CROUSE

Biography/Comedy

The Wolf of Wall Street

Director. Martin Scorsese

Stars. Leonardo DiCaprio

Set during Wall Street's cocaine and hookers era, The Wolf of Wall Street is based on real life brokers Jordan Belfort (Leonard DiCaprio) and Donnie Azoff (Jonah Hill), who snorted and scammed their way to the top, only to become the subject of an FBI investigation into financial corruption. With its fourth wall breaking narration, scandalous set pieces and absurd antics this is a wild cinematic experience.

RICHARD CROUSE

Biography/Drama

Mandela: Long Walk to Freedom

Director. Justin Chadwick

Stars. Idris Elba, Naomie Harris

Nelson Mandela's life is so astonishing even Hollywood cannot seem to bring its incredulity to life. Based on his autobiography, Mandela: Long Walk to Freedom attempts to cram the subject's lifetime battle against apartheid into 139 minutes and the result only dilutes the measure of the late South African President's story. It winds up more encyclopedic than epic.

STEVE GOW

Mandela. Film takes tough look at Winnie

As it runs down the life of late anti-apartheid leader Nelson Mandela, the new film Mandela: Long Walk to Freedom also heavily features his polarizing ex-wife, Winnie Madikizela-Mandela.

British actress Naomie Harris, who plays the scandal-plagued Madikizela-Mandela, says she thinks the South African activist "is misconstrued in a lot of ways" and the film "will help to address that."

"I'm not making excuses for any of the heinous things that Winnie is accused of, but I think what this film helps to do is to explain and bring greater understanding about why she became the woman that she became, which is really important," she said in an interview at September's Toronto International Film Festival.

"There's duality in her personality, because on the one hand, yes, she did advocate necklacing and these horrific things during the apartheid regime. But on the other hand, she is ... the woman who kept Mandela's name alive while he was in prison for 27 years. And really, if it wasn't for her doing that, then we might all have forgotten about Mandela. She also was so active with the youth, particularly in Soweto and the anti-apartheid movement there. (It) was a violent uprising largely, in Soweto, but it was also pivotal as well to dismantling apartheid."

THE CANADIAN PRESS

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Paul Walker ALL PHOTOS GETTY IMAGES

Studio puts the brakes on Fast & Furious sequel in wake of tragedy

Universal Pictures has delayed the release of Fast & Furious 7 for almost a year following the death of star Paul Walker.

The studio announced Monday that the Fast & Furious sequel will be released in April 2015, instead of July next year. Shooting on the film was about halfway finished when the 40-year-old Walker died in a car crash outside of Los Angeles. Walker still will appear in the film, though Universal has not said exactly how it will handle his unfinished performance.

Co-star Vin Diesel first posted the news on Facebook, telling his fans that,

"He'd want you to know first."

THE ASSOCIATED PRESS

Miley beckons us into her boudoir, but do we really want to be there?

Have you guys seen this clip that's going around from Miley's new music video for her song Adore You?

If you haven't, because, I guess, you don't have a google alert set up for "Miley Cyrus" like I do, here's the relevant info:

It features grainy, sex tape-esque footage of Miley, er, pleasuring herself.

I guess we now have the answer to the age-old question "where does one in eternal pursuit of shock value and press go, after humping a foam finger while practically naked onstage?"

But, OK, I don't hate this. Miley Cyrus is a next-level entertainer and whoever is handling her PR right now deserves a big, fat holiday bonus. MyCy (I'm still totally going with this, and don't understand why nobody else has picked this up) was the most-googled person of the year, which is pretty damn impressive considering where she started.

Also, I'm sure there's an opportunity for a think piece on female empowerment and sexual freedom, etc, etc here. I'm not going to write it, I'm just saying there's a window here. METRO

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Holidays in Hollywood

Looks like Duck Dynasty won't be without a home

PAT HEALY
Metro World News

Aw, here's a heartwarming story just in time for the holidays. Thanks to Hunt Channel — a Christian television network that markets almost exclusively in reality shows about Bible-lovin', gun-totin' folks who kill defenseless creatures for sport — Duck Dynasty will not go homeless if A&E decides to drop it on its redneck butt.

A lot of people are calling for the network to pull the plug on Duck Dynasty — surprisingly one of the highest-rated reality shows of all time (proof, I think, of the rapid decline of our intelligence as a society thanks to the Internet and sexting and global warming or whatever) — after patriarch in charge Phil Robertson's recent eloquent musings on homosexuality. And, apparently, the other Duck Dynasty cast members are among those calling for the show to be yanked.

Robertson's brood of fellow people who like to make the duckies go bye-bye with the boom boom stick have his back, and have recently gone on record saying that they don't want to do the show without him.

Fortunately, the Hunt Channel is making it their business to ensure that they won't have to. A Christmas miracle!

According to a TMZ report, Hunt channel owner Merrill Sport thinks that A&E should "put on their big boy pants" and support the cast of Duck Dynasty for being the unapologetic bigots they are. Further, Sport is more than happy to put on his own pair of big kid trousers and air the show himself. Because, at Hunt Channel, he says, "we don't censor our personalities."

Meaning, I guess, Hunt Channel lets their people spit as much hateful bile as they want. First Amendment and whatnot. Give them liberty or give them death! (Give them either, I could care less. But first, maybe, give them some teeth and a world view that isn't rooted in ancient mythology or idiocy.)

Beyoncé

Attention Walmart shoppers, there's a Beyoncé in aisle four

The Queen Bey visited a Massachusetts Walmart before her Boston concert on Friday and spread some holiday cheer to the tune of $39,800.

The singer, who might be the only human alive (other than Yeezus, of course) rivaling Miley in the headline-making department, did a mic-check on a Tewskbury Walmart's PA system and announced that she would pay the first $50 of every customer's purchase.

Which, of course, is super nice. But also, what? What compelled Beyoncé (other than a top notch PR team who I'm sure gently suggested this might be a not-terrible stunt to pull) to casually drop by a Walmart in nowheresville, Mass., and pay for some last-minute holidays shoppers' layaway crap? I'm not saying it was a bad stunt, I'm just saying it's a random one.

Anyway, this is all to say that Beyoncé's image as one of the most likable (and that's saying a lot, because it's pretty easy to hate someone so fabulous) ladies in the biz isn't in danger of cracking anytime soon.

Also, for the record, I bet Target is feeling pretty dumb about that whole "not selling her new album" right about now. Just saying. METRO

Twitter

@robdelaney
Just saw a Hasidic man & 2 Asian girls laugh at a dog knocking over a garbage can so don't even act like peace isn't possible guys.

@Brittanysnow
I bet cats really hate the fact that they can't hashtag #yolo

@RebelWilson
All this reminds me of when I got kicked out of an 'Open House' Pretty Woman style last weekend coz the broker thought I couldn't afford it

Healthy highs and lows this year

In our look back at 2013: HIV cures, HIV scares and how a pet can save your life

MICHELLE CASTILLO
Metro World News

The next-gen condom couldn't have come sooner. THINKSTOCK

LOW: U.S. porn industry shuts down three times due to HIV scare

Debbie didn't do many people this year. Numerous HIV-positive test results in the U.S. porn industry forced a moratorium on production while all potentially infected performers were re-tested for the virus. Current regulations require porn stars to be tested every 14 days in the U.S., limiting the number of people who could be exposed. Still, this year's scares lead many to call for the use of condoms on set, which has led to much debate.

HIGH: The next-generation condom

No glove, no love may be the motto but many men, particularly in developing countries, remain adverse to the prophylactics. To encourage use, the Bill and Melinda Gates Foundation offered $100,000 to anyone that could come up with the next evolution of the male condom, with up to $1 million for additional research. Eleven ideas won the first-round funding, including a condom made out of bovine tendons or fish skin and a couple versions made out of a crystallized form of carbon called graphene that can conduct heat.

HIGH: Baby "cured" of HIV

While a cure for HIV and AIDS still remains elusive, doctors in Mississippi claimed to have eradicated the HIV virus from a baby by giving her a three-drug regiment within 30 hours of her birth. The mother of the child had not received any pre-natal treatment to prevent transmission, and a blood test had determined that the child was HIV positive at the time of birth. The child, who was two and a half years old at the time of the March announcement, no longer has any traces of the HIV virus in her blood.

HIGH: Face transplants

The practice of transplanting another person's face onto a patient has been around for a few years — and not just on Nip/Tuck.

This year, however, marked many improvements in the field.

Polish doctors claimed to complete the world's fastest face transplant — a 27-hour procedure just three weeks after the patient's accident.

Meanwhile, several patients in the U.S. who received facial transplants in 2012 were shown to have improved blood flow, more blood vessel pathways and improved facial sensation just one year later.

LOW: Emergency birth control doesn't work ... sometimes

European pharmaceutical regulators approved a warning label change that would alert users of Norlevo (levonorgestrel) that it loses potency for women over 165 pounds and does not work in women over 176 pounds. The morning-after pill is a form of emergency birth control that was supposed to prevent pregnancy within 72 hours after having unprotected sexual intercourse. However, with the weight limits, it seems many women may not be able to use it.

HIGH: A big year for ART

Across the world, more than 5 million screaming bundles of joy are born to people who may otherwise never have the experience of having a child without fertility treatments. The International Committee for the Monitoring of Assisted Reproductive Technology (ICMART), who announced the landmark number in October, noted that the first ART baby was born in 1978 using in vitro fertilization. However, more than half of the 5 million ART babies have been born in just the last six years, meaning the technology is improving.

HIGH: Get a pet, save your life

If you need another reason to convince yourself to get a pet, the American Heart Association confirmed what was once an old wives' tale: that having a pet was linked to lower heart disease, lower blood pressure, lower cholesterol levels and lower levels of obesity. Owning a dog was particularly shown to lower cardiovascular risk, maybe because dogs force you to get off your couch and walk them.

LOW: Heroin-like drug spreads overseas

For years, Russia has battled a problem with krokodil or desomorphine, an opioid drug in the same family as heroin and oxycodone. It is more potent than morphine, and is easily made with codeine, paint thinner, gasoline and other over-the-counter products. It also is so toxic that it causes flesh to rot off the user's bones, and the average abuser dies two to three years after beginning to use. Now, evidence shows the drug is spreading across the world, with the first cases reported in the U.S. in September.

Half off

Can health take a holiday?

You don't need to feel guilty about indulging over the holidays. Plan ahead though. ISTOCK PHOTOS

Three months ago we introduced Metro Winnipeg editor Elisha Dacey who has teamed up with fitness professional Jordan Cieciwa and registered nutritionist Theresa Albert. Dacey wants to lose half of her body weight and has been writing about it in her online blog, Half Off.

"My rule during special occasions, especially Christmas dinner, has always been to take a plateful of everything I want and to eat dessert too," says Dacey. "So basically, I'm not giving up or letting up but I am enjoying myself on Christmas day.

"You're allowed to enjoy the tradition and not feel deprived... and that's just as important to your health as anything else."

Good thinking, says Cieciwa.

"We need to understand that health, fitness and eating well, is not a punishment. There are a lot of great choices, and that's what you need to do 80 per cent of the time. Once in a while, go crazy, eat delicious food, treat yourself. Just don't do it every day and every meal."

He recommends focusing on more activity during festive times too.

"Enjoy the holidays with the family by playing games and moving. That will take you away from situations where all you do is eat."

Albert says whether you indulge or not really depends on where you are on your weight loss journey.

"If you need a break and have been doing well, then go with the 'take a wee break' thinking."

But there are also lots of ways to balance the holidays with activities, healthy choices, and mindful downtime, too. For Albert's guide to managing through the holidays, check out metronews.ca/voices/half-off/

It's important to be gentle with yourself during this busy and sometimes stressful time, she says.

"What you don't want to do is stress-eat on top of party-eat on top of drink-more. The idea is to get to January without doing more damage to your motivation and spirit as well as waistline."

"With several family birthdays and Christmas, my goal actually this month is to stay the same weight — that will be a success," says Dacey. "Then, I will get back to my routine in January."

YLVA VAN BUUREN/FOR METRO

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Despite a new Lifestyle update that adds a confusing mix of make-up, health, and market insurance articles, this reference is still very handy for looking up symptoms, conditions, and medication.

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Above, Blake as a happy 7 year-old.
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(Blake, currently homeless)

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Lean pork tenderloin gets a flavour boost from prosciutto, mushrooms and fresh herbs

My choice for an elegant holiday dinner? It's hard to beat a roast, and more often than not my pick is a lean and moist pork tenderloin.

But let's face it, as much as we want to be healthy, there is such a thing as roast that is too lean. A lack of fat often means a lack of flavour. So how to make up this deficit? With plenty of high-flavour ingredients such as prosciutto, fresh herbs, mushrooms and wine.

Prosciutto packs a ton of flavour, and the slight amount of fat it adds is well worth it. As for the herbs, I took a tip from the Italians, who often top off a grilled steak with fresh herbs and a drizzle of olive oil.

Double Pork Roast with Mushroom Marsala Sauce

This recipe serves six. THE ASSOCIATED PRESS

Ingredients

- 2 pork tenderloin roasts (3/4 to 1 lb each), trimmed of all fat
- 2 tbsp packed fresh rosemary leaves, chopped
- 2 tbsp packed fresh thyme leaves, chopped
- 4 oz thinly sliced prosciutto
- 3 tbsp extra-virgin olive oil, divided
- Kosher salt and ground black pepper
- 1/2 cup finely chopped shallots or onion
- 1/2 lb mushrooms (cremini, white button, shiitake, oyster or a mix), trimmed and sliced
- 1/2 cup dry Marsala wine
- 1 1/4 cups low-sodium chicken broth
- 1 tbsp all-purpose flour

1. Heat the oven to 350 F. Cut down through each tenderloin lengthwise so that you can open it up like a book, but do not cut all the way through. Sprinkle water on the cutting board under the tenderloin and sprinkle a little water on top of the tenderloin (this will help prevent the meat from tearing when you pound it). Cover the tenderloin with plastic wrap and pound the meat using a meat mallet or rolling pin until it is about 1/2-inch thick.

2. Sprinkle half the rosemary and thyme leaves all over the inside of each butterflied and pounded pork tenderloin and spread the prosciutto evenly in one layer over the herbs. Beginning with the long end, roll up the tenderloin tightly, tucking in the ends (as you would a burrito). Use kitchen twine to tie the roll in a bundle, tying it every 2 inches.

3. In a large nonstick skillet over medium-high, heat 1 tablespoon of the oil. Season the pork lightly on all sides with salt and pepper, then add it to the skillet. Sear until golden brown on all sides. Transfer the pork to a shallow baking pan, then roast on the oven's middle shelf until the centre reaches 145 F, about 20 to 25 minutes. Remove the pork from the oven and cover loosely with foil.

4. Meanwhile, make the sauce. Return the skillet to medium heat. Add the remaining 2 tablespoons of oil and the shallots and cook, stirring, until the shallots are golden. Add the mushrooms and cook, stirring often, until the mushrooms give off all their liquid and are lightly browned.

5. Add the Marsala and simmer until almost all of it is reduced. Add 1 cup of the chicken broth and bring back to a boil. In a small bowl whisk the remaining 1/4 cup of chicken broth with the flour. Add the flour mixture to the skillet in a stream while whisking and simmer for 2 minutes. Add any juices that have accumulated from the resting pork to the sauce.

6. Slice the pork crosswise into 1-inch-thick slices. Transfer several slices to each of 6 serving plates. Spoon some of the mushroom sauce over each serving.

SARA MOULTON/THE ASSOCIATED PRESS

Dinner. 5-Grain Pilaf with Balsamic Mushrooms

This recipe serves six. PRESIDENT'S CHOICE

Ingredients

- 1 pkg (250 g) PC 5-Grain Blend
- 1 pkg (227 g) white button mushrooms
- 3 tbsp (45 ml) olive oil
- 1 tbsp (15 ml) balsamic vinegar
- 1 cup (250 ml) sliced shallots
- ½ cup (125 ml) finely diced carrots
- 1 large clove garlic, thinly sliced
- ½ cup (125 ml) chicken broth
- 1 tsp (5 ml) salt
- ½ tsp (2 ml) freshly ground black pepper
- ½ cup (125 ml) grated Parmigiano Reggiano
- ¼ cup (50 ml) chopped fresh parsley

1. Preheat oven to 425 F. Line rimmed baking sheet with foil. In saucepan, bring 8 cups (2 l) water to a boil. Add 5-grain blend. Return to a boil. Reduce heat to medium-high and cook, uncovered, for 10 minutes. Drain and set aside.

2. On prepared baking sheet, toss mushrooms with 1 tablespoon (15 ml) of the oil. Roast in centre of oven for 20 minutes. Toss with 2 teaspoons (10 ml) of the balsamic vinegar; return to oven and roast another 5 minutes. Set aside.

3. In large nonstick frying pan, heat remaining 2 tablespoons (25 ml) oil over medium-low heat; cook shallots, carrots and garlic for 4 to 6 minutes or until softened. Stir in drained 5-grain blend. Increase heat to high; cook for 5 minutes, stirring. Stir in chicken broth; cook for 2 minutes. Remove from heat.

4. Stir in salt, pepper and remaining 1 teaspoon (5 ml) balsamic vinegar. Stir in mushrooms, cheese and parsley.

PRESIDENT'S CHOICE

Pot roast that's fit for a feast

Holiday Pot Roast with Spiced Root Vegetables

This recipe serves 12. THE ASSOCIATED PRESS

Ingredients

Roast

- 2 medium red onions, quartered
- 2 medium carrots, cut into pieces
- 3 stalks celery, cut into pieces
- 2 leeks, trimmed and sliced
- 2 tbsp olive oil
- 6- to 7-pound chuck roast
- Salt and ground black pepper
- 3 cups red wine
- 2 cups unsalted beef stock
- 1/4 cup tomato paste
- 2 tbsp Dijon mustard
- 3 bay leaves
- 3 sprigs fresh rosemary

Root vegetables

- 6 medium carrots, peeled and cut into 1-inch pieces
- 4 parsnips, peeled and cut into 1-inch pieces
- 2 medium red onions, cut into wedges
- 2 small celeriac roots, peeled and diced
- 2 lbs sweet potatoes, peeled and cut into 1-inch pieces
- 2 tbsp olive oil
- 1 tsp salt
- 1 tsp ground black pepper
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1/2 tsp fennel seeds

1. Heat the oven to 350 F. In a food processor, combine the red onions, carrots, celery and leeks. Pulse until finely chopped, but not so finely that a paste is formed.

2. In a large Dutch oven or heavy bottomed large pot over medium, heat the olive oil. Add the onion-carrot mixture and cook, stirring occasionally, until golden brown, 12 to 15 minutes. Spoon the mixture out into a bowl.

3. Trim the chuck roast of any very large pieces of fat. Season the meat liberally with salt and black pepper. Increase the heat under the Dutch oven to high and add the meat. Sear on all sides until well browned, 3 to 4 minutes per side. Transfer the roast to a plate.

4. Add a bit of the red wine to the pot and scrape up any browned bits on the bottom. Return the browned vegetable mixture to the pot along with the rest of the red wine, beef stock, tomato paste, mustard, bay leaves, and rosemary. Stir well. Carefully return the roast to the pot, cover and place in the oven for 3 to 4 hours, or until very tender.

5. Meanwhile, prepare the roasted vegetables. In a large bowl, toss together the carrots, parsnips, onions, sunchokes and sweet potatoes. Drizzle with olive oil and toss to coat.

6. In a small bowl, mix together the salt, black pepper, cumin, coriander and fennel seed. Sprinkle over the vegetables and toss again. Spread onto a rimmed baking sheet. After the chuck has been roasting for 2 1/2 hours, add the vegetables to the oven. Roast, stirring occasionally, for 45 minutes to 1 hour, or until browned and tender.

7. When the chuck is finished cooking, remove the pot from the oven and transfer the roast to a plate. Cover with foil. Remove the rosemary and bay leaves from the pot and discard. Transfer the remaining contents to a blender and blend until smooth, making sure to use caution when blending the hot liquid. Return to the pot and bring to a boil. Simmer until reduced to about 5 cups, or gravy thickness. Serve with the roast and root vegetables.

THE ASSOCIATED PRESS

Five steps to becoming a millionaire

Entrepreneurship. Kim Kaupe describes how to go it alone, even if you don't have start-up cash or a business background

Quoted

"If you have an idea, tell everyone you can. You never know who that person might know."

Kim Kaupe, co-founder of ZinePak

EMILY LAURENCE
Metro World News

Three years ago, 28-year-old Kim Kaupe quit her job to pursue a business idea she brainstormed with her co-founder. Now, she's the head of multi-million dollar company ZinePak. Like many people who have a gem of an idea, Kaupe didn't have a business background or any start-up money. Still, she went for it. Kaupe shares her tips with us so you can pursue your own great idea.

1. Find a hole in the marketplace

"I worked at Brides magazine for two years and then got a job at an ad agency. One of my co-workers at the agency used to work at Sony Records. We hatched this idea of putting magazines and music together, and out came ZinePak. We wanted to create special packages for fans. It was something that didn't exist before."

2. Partner with someone who has the strengths you lack

"My business partner and I fit together perfectly because one of us has the strengths that the other person doesn't. Find someone you gel with and shares your views, but also brings a unique perspective."

3. Tell everyone your idea

"There's this common misconception that when you come up with a great idea, you have to keep it to yourself because someone will steal it. It's really the opposite. If you have an idea, tell everyone you can. You never know who that person might know. Or, they could have a way for you to improve your idea that you haven't thought of. We changed our entire product based on a suggestion a random customer emailed us. It pays to listen — literally."

4. If you're not an expert, find people who are

"Neither my partner nor I had a background in business. Going to meet-ups was essential for growing our business. There are meet-ups for everything: small business owner meet-ups, tech meet-ups, entrepreneur meet-ups... When I first started out, I thought I was the only person in the world who faced certain problems. But chances are, most other entrepreneurs that you talk to have wanted to throw their Quickbooks out the window too and might have a great suggestion that can help you. Whatever you need to learn how to do that you can't Google, there's someone out there who can help you."

Kim Kaupe, co-founder of ZinePak, suggests attending small-business meetups and finding ways to keep your overhead low. CONTRIBUTED

5. Keep your overhead low

"The first year, my business partner and I worked from home using only our computers, cellphones and brains. It was just us hustling and cold calling, saying 'Let us make this awesome product for you.' The less supplies you have to buy, the more money you'll make. Think, do you really need a warehouse or paper printing machine? Chances are there's a company out there who it's cheaper to pay than renting space or buying all the materials yourself."

How to eat, drink and stay healthy this holiday

Pace yourself: try to have a glass of water for each glass of alcohol. ISTOCK

Seasonal hazards. Between overindulging and contracting colds, this time of year can take a toll on your vigor

The holidays are a time to burn your candles at both ends, but you have to be careful to not flame out. The pressure created by a combination of social events, family get-togethers, shopping and financial stress can easily weaken or overwhelm your immune system.

Eating

Make sure you neither eat too much, nor too little. Overindulging will not only put on a few extra holiday pounds, but makes you more likely to develop esophageal reflux from a distended stomach at bedtime. This overnight trickle of stomach acid bubbling up into the back of your throat while lying flat in bed can not only cause heartburn but may also lead to a sore throat or dry cough.

This is not only a nuisance that is often mistaken for an upper respiratory infection (common cold), but may actually increase your odds of getting a sinus infection or bronchitis by decreasing your resistance. Eating too little may make you more likely to get intoxicated, as the alcohol in a glass of holiday cheer is absorbed much more quickly from an empty stomach.

Drinking

With so many social obligations and reasons to celebrate, there is ample opportunity to drink alcohol on a daily basis — and lots of it. "Everything in moderation" should be your motto. Try to drink a glass of water with each alcoholic beverage (one for one). No matter your sex, weight or choice of adult beverage, if you have two or more drinks in under two hours, you will likely be impaired.

Don't drink and drive, and don't let your friends drink and drive. Work out a designated driver in advance with friends, take a taxi or public transportation and don't be afraid to ask if you can sleep over at your host's or friend's home if driving under the influence is your only other option. Drinking coffee will not sober you up.

Being healthy

The 2013-14 influenza season has officially arrived in North America and there are any variety of cold viruses around that have been making people miserable with sore throats, nasal congestion and coughs.

Shaking hands, kissing under the mistletoe and travelling on a plane can all spread illness rapidly. Get a flu shot, wash your hands frequently, keep your hands away from your face and blow kisses where you can. METRO

NFL

Broncos' Miller bucked back out of the lineup

The Denver Broncos began the season without strong-side linebacker Von Miller, and they'll end it without him, too.

Miller is done for the year after tests Monday revealed a torn anterior cruciate ligament in his right knee, which he injured in the first quarter of Denver's 37-13 win at Houston over the weekend.

The Broncos (12-3) have hit so many potholes this season it's a wonder they're not broken down on the side of the Super Bowl Expressway.

Instead, they can wrap up the AFC's top seed with a win at Oakland (4-11) on Sunday. THE ASSOCIATED PRESS

Stadium collapse

Crane operator worked 18 straight days: Report

A news report cites a Sao Paulo state Labor Ministry official as saying the man who operated the crane that collapsed at the city's World Cup stadium had worked 18 days in a row.

Two construction workers were killed in the Nov. 27 accident, which remains under investigation.

G1 Internet portal quotes the ministry's regional superintendent Luis Antonio Medeiros as saying time cards showed the crane operator at the Arena Corinthians stadium "was 18 days without any break."

Medeiros said there wasn't necessarily a cause and effect relationship between the accident and the operator's string of workdays.

THE ASSOCIATED PRESS

Hayley Wickenheiser signs autographs following the naming of the team that will compete in the 2014 Olympic Winter Games in Sochi, Russia, during a news conference in Calgary, Monday. JEFF MCINTOSH/THE CANADIAN PRESS

Less experience, more depth: Wickenheiser

Sochi 2014. National Olympic team roster finalized after coaching shakeup, player cuts

Canada's Olympic women's hockey team has less experience than two previous editions, but believes it has the speed and skill to defend the gold medal in Sochi, Russia.

The 21-player roster that will attempt to win a fourth consecutive Olympic gold in women's hockey was finalized Monday after the release of three players.

The 2014 squad includes a dozen players who beat the U.S. women 2-0 in the 2010 final in Vancouver. The 2010 and 2006 squads each carried over 14 players from the previous Winter Games.

The team

- **Goaltenders.** Shannon Szabados, Alta.; Genevieve Lacasse, Ont.; Charline Labonte, Que.
- **Defenceman.** Jocelyne Larocque, Man.; Lauriane Rougeau, Que.; Laura Fortino, Ont.; Meaghan Mikkelson, Alta.; Catherine Ward, Que.; Tara Watchorn, Ont.
- **Forwards.** Meghan Agosta-Marciano, Ont.; Rebecca Johnston, Ont.; Jennifer Wakefield, Ont.; Gillian Apps, Ont.; Caroline Ouellette, Que.; Melodie Daoust, Que.; Jayna Hefford, Ont.; Brianne Jenner, Ont.; Haley Irwin, Ont.; Hayley Wickenheiser, Sask.; Natalie Spooner, Ont.; Marie-Philip Poulin, Que.

"We're a little bit younger in the experience department," admitted forward Hayley Wickenheiser.

"We're very similar in the type of style we're going to play — a tight forechecking style and trying to counteract with a lot of speed. We have a little bit more offensive depth on the back end than in 2010 so we'll be counting on them to jump into the attack.

"Goaltending is as good or better. Maybe a little bit more depth overall."

Canada opens their gold-medal defence Feb. 8 against Switzerland. The final is Feb. 20 at the Bolshoy Ice Dome.

THE CANADIAN PRESS

NHL. Sharks' rookie standout to miss at least a month after knee surgery

San Jose Sharks forward Tomas Hertl will undergo right knee surgery next week, sidelining the rookie star for more than a month.

General manager Doug Wilson said Monday that the team will know more about how much time Hertl will miss following the surgery.

Hertl was hurt last Thursday in a knee-on-knee collision with Los Angeles' Dustin Brown. Brown received a major penalty and game misconduct for the hit on Hertl.

Hertl leads all rookies with 15 goals and 25 points so far this season.

THE ASSOCIATED PRESS

World juniors

Drouin, Horvat, McDavid help Canada top Swiss

Jonathan Drouin scored twice to lead Canada's national junior hockey squad to a 4-1 exhibition win over Switzerland on Monday.

It was the final tune-up for Canada, which opens the world junior tournament Thursday against Germany.

Canada finished with a 2-1 exhibition record but was coming off a 3-0 loss to Sweden on Sunday.

Bo Horvat and Connor McDavid had the other goals for Canada. Jake Paterson stopped 23 shots in goal.

Yannick Rathgeb replied for Switzerland while Melvin Nyffeler made 29 saves.

Rathgeb opened the scoring on the power play just 1:21 into the first period. But Drouin countered with power-play goals at 15:31 and 17:02 to put Canada ahead to stay.

Horvat scored short-handed at 19:51 of the second before McDavid rounded out the scoring at 4:38 of the third. THE CANADIAN PRESS

Jonathan Drouin THE CANADIAN PRESS

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Bonus Cash will be deducted from the negotiated price after taxes. See your retailer for complete details. ∞NO PURCHASE NECESSARY. Contest begins November 27, 2013 at 9:00:00 a.m. ET and ends February 28, 2014 at 11:59:59 p.m. ET. Contest open to legal residents of Ontario who have reached the age of majority at the time of entry. One (1) entry per person. To enter, you must visit any participating Chrysler, Jeep, Dodge and Ram retailer during the contest period and purchase/finance/lease any new 2012, 2013 or 2014 Chrysler, Jeep, Dodge or Ram vehicle (excluding SRT Viper models). Four (4) grand prizes available to be won, each consisting of a pair of VIP tickets and trip to watch the 2014 Battle of Ontario in Ottawa on April 12, 2014. Tickets are for April 12 ONLY. Prize includes round trip travel for two and two night's hotel accommodation (if required). Approx. retail value: $5,000 per prize. Mathematical skill-testing question required. For complete contest rules, including no purchase means of entry, go to: www.chrysleroffers.ca/battleofontario. §2014 Dodge Grand Caravan Crew Plus shown. Price includes Consumer Cash Discount. 2014 Ram 1500 Crew Cab Laramie shown. Price includes Consumer Cash Discount and $1,500 Holiday Bonus Cash. 2014 Dodge Journey R/T AWD shown. Price includes Consumer Cash Discount. 2013 Dodge Dart GT with optional 18-inch hyper black wheels shown. Price includes $500 Holiday Bonus Cash. ^Based on *Automotive News* classification and 2013/2014 Ram 1500 3.6 L V6 4x2 and 8-speed transmission. 11.4 L/100 km (25 MPG) City and 7.8 L/100 km (36 MPG) Highway. Based on 2013 EnerGuide fuel consumption guide ratings published by Natural Resources Canada. Government of Canada test methods used. Your actual fuel consumption will vary based on powertrain, driving habits and other factors. Ask your retailer for complete EnerGuide information. ^Based on R. L. Polk Canada, Inc. May 2008 to September 2013 Canadian Total New Vehicle Registration data for Crossover Segments as defined by Chrysler Canada Inc. **Based on 2013 *Ward's* upper small sedan costing under $25,000. ❖Real Deals. Real Time. Use your mobile device to build and price any model. ®Jeep is a registered trademark of Chrysler Group LLC. ™The SiriusXM logo is a registered trademark of SiriusXM Satellite Radio Inc.

Buick Regal could rule the roads

ALL PHOTOS WHEELBASEMEDIA.COM

2014 Buick Regal. One step closer to being first choice over a Euro sedan instead of an alternative

MALCOLM GUNN
wheelbasemedia.com

The Euro-inspired, North America-built Buick Regal represents a significant shift in thinking for General Motors' entry-premium division.

Since its 2012-model-year-arrival, the Regal has dared to challenge similar BMW, Mercedes-Benz and Audi offerings. It has also become a viable alternative for mid-size entry-luxury buyers, regardless of national origin. Along with the subsequent introduction of the smaller Verano sedan and even smaller Encore wagon, Buick has likely left the dwindling knot of traditional Buick buyers wondering what has become of their cherished brand.

Inside, the reshaped dashboard has a 4.2-inch (10.7 centimetre) display screen between the dual gauge pods that shows basic vehicle info. In addition, a new eight-inch (20-centimetre) touch screen for the climate, navigation, communications and infotainment systems can also be operated through steering-wheel controls.

Under the hood has been simplified. Previously, you could pick between the base turbo-charged 2.0-litre four-cylinder engine with 220 horsepower and 258-pound-feet of torque, and a version that made 270 horsepower and 270 pound-feet of torque (the GS model). Newly optional for turbo models is an all-wheel-drive system that in normal driving splits the torque equally between the front and rear tires, but can deploy up to 90 per cent to the rears when the front wheels start to lose traction. AWD is not offered for the optional (and non-turbo-charged) 2.4-litre four-cylinder engine that combines with a 15-horsepower electric motor and lithium-ion battery pack to make 182 horsepower and 172 pound-feet of torque.

The partial-hybrid system, called eAssist, controls the car's stop-start function to conserve fuel at stoplights and in stop-and-go traffic. The eAssist also kicks in when the Regal is accelerating, but unlike a "full hybrid" powertrain, the electric motor never operates independently of the gas engine. A six-speed automatic is the sole eAssist transmission choice.

The AWD option allows the Regal to keep up with the changing times and the competition, as does the availability of camera-based blind-spot warning and cross-traffic alerts, the latter of which points out traffic that's crossing into your back-up path. There's also forward-collision warning that lets you know when you're too close to traffic in front.

Regal shoppers can choose from base, Premium I, Premium II and GS models. For $34,800 (including destination charges), the base car arrives with a considerable load of gear, including dual-zone climate control, leather seat covers (heated in front), 12-way power driver's seat and an electric parking brake. Other items, such as a power sunroof, navigation with rear-vision camera and an up-level nine-speaker Bose-brand sound system, are added as you move up the trim levels.

At the GS plateau, the standard-equipment list encompasses unique front- and rear-end designs, aero side cladding and rear spoiler, and available 20-inch wheels (19-inchers are standard GS fare, while 17s come on eAssist models). GS models also arrive with larger Brembo-brand front brakes, sport suspension setup and a selectable GS sport mode that increases steering effort, firms up the shock damping and alters the transmission shift points for more spirited driving. Anyway you slice it, the Regal's broader appeal and competitive price tag places it in a closer league with its European and North American mid-size sedan rivals and is a real feather in Buick's cap.

2014 Buick Regal

- **Type.** Four-door, front- /all-wheel-drive mid-size sedan
- **Engines (hp).** 2.0-litre DOHC I4, turbocharged (259); 2.4-litre DOHC I4 (182)
- **Transmissions.** Six-speed automatic; six-speed manual (opt.)
- **Base price (incl. destination).** $34,800

Design

For the 2014 model year, the Regal receives mid-production cycle adjustments that begin with front and rear restyling, including a more prominent grille plus new front and rear LED lighting.

Fuel economy

For 2014, it's down to a single turbo engine pegged at 259 horsepower and a stout 295 pound-feet. It's rated at 10.1 l/100 km in the city and 6.6 on the highway with the six-speed automatic transmission, and 10.2/6.3 with the six-speed manual (available only with the GS).

The Buick's interface can change depending on what you want to know.

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The 2014 Chevrolet Camaro Z/28

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You would think that the most expensive street-legal Camaro coupe ever made would at least include air conditioning, a fancy stereo, power-adjustable seats and possibly a competition-beating supercharged engine.

But that's not the case with the Z/28, a designation that conjures up images of high-winding, race-bred Camaros dating back to 1967. However, you likely won't hear any price complaints from eager buyers who are expected to gobble up the first year's production run of 1,500 vehicles as fast as they depart the factory floor beginning in early 2014.

Although more than capable on the street, the "Z" was really created (or re-created, since the Z/28 label along with the previous-generation Camaro were retired after the 2002 model year) to perform in stellar fashion in competition. For drivers who would rather put in some fast laps around the racetrack than putt their way around a golf course on weekends, this is the Camaro of their dreams.

For such a low-volume model, Chevy's engineers invested considerable time and effort to ensure the Z/28 will live up to its past glory and lay a beating on high-priced competitors. Part of that process included pruning some weight, including the deletion of the power-seat adjusters, eliminating the rear-seat frame and trunk pass-through structure, installing thinner rear window glass and transferring the air conditioning unit over to the options list.

The Z/28 omits some standard creature comforts in the interest of saving weight, such as air conditioning, which is optional.

Additionally, Chevrolet has reduced the wheel diameter to 19 inches from the 20-inch units used on the Camaro SS 1LE track car and ZL1 models, thus eliminating 18.6 kilograms in unsprung weight while lowering the car's centre of gravity.

Overall, the Z/28 weighs about 135 kilograms less than the ZL1 model — the heaviest Camaro, by the way — that runs with a supercharged 6.2-litre V8 rated at 580 horsepower and 556 pound-feet of torque. The Z/28 actually weighs about the same as a base V8 Camaro.

To do this, the car instead borrows the 2013 Chevrolet Corvette Z06's high-revving 7.0-litre non-supercharged V8 engine that makes 505 horsepower and 481 pound-feet of torque. Without a supercharger, the 7.0 weighs 29 kilograms less than the 6.2 engine found in the Camaro ZL1.

As with the Z06, the Z/28 uses a dry-sump oil system (a 10-litre remote tank instead of the usual oil pan) to ensure a continuous oil stream to all vital components during high-speed manoeuvres.

As well, engine and transmission/differential oil coolers reduce heat build-up and aid reliability when these components are pushed to the max. This is also good insurance since the Z/28's powertrain warranty also covers extracurricular track use.

What the Z/28 does share with its ZL1 counterpart is a close-ratio six-speed manual transmission that, like the car's extra-stiff suspension and unique shock dampers, has been beefed up for the rigours of track duty.

The Z/28's engine is the 505-horsepower LS7 7.0-litre (427-cubic-inch)

Numerically, the Z/28 falls short of the ZL1 in terms of raw horsepower and torque, but the Z/28 is likely much quicker around a racetrack, simply because it's built more for that purpose.

Along with its reduced heft over the ZL1, the Z/28 features plenty of race-bred tricks up its sleeves. Aerodynamic upgrades include a lower chin spoiler (called a splitter), front and rear fender flares, rocker panel moldings and a hood vent for ducting otherwise trapped air from the engine compartment. As well, an aggressively shaped rear spoiler improves high-speed stability and cornering speed, aided by a set of sticky Pirelli PZero Trofeo R-compound tires mounted to 11-inch-wide alloy wheels in front and 11.5-inchers in back. The tires — more than a foot wide — are the same on all four corners.

Chevrolet claims that the Z/28 produces 1.05 g's in cornering grip and an equal amount of braking force, thanks to the fade-free Brembo-brand carbon-ceramic brakes that weigh considerably less than comparable iron rotors.

The Z/28's interior is just as go-fast-focused as the rest of the car. There's a flat-bottomed steering wheel and Recaro racing-style seats with grippy suede-covered bottoms and cutouts for installation of an aftermarket five-point racing harness.

Clearly, this extra-special Camaro isn't your average grocery getter or stoplight poseur. It's built for drivers who can afford to drop an estimated $70,000 for a car with everything an enthusiast needs to exercise his or her need for speed.

2014 Chevrolet Camaro Z/28

- **Type.** Two-door, rear-wheel-drive coupe
- **Engines (hp).** 7.0-litre OHV V8 (505)
- **Transmissions.** Six-speed manual
- **Base price (incl. destination).** $70,000

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For the latest information, visit us at chevrolet.ca, drop by your local Chevrolet Dealer or call us at 1-800-GM-DRIVE. ▼Based on a 60/48/48/48/36 month lease for 2014 Chevrolet (Cruze LS 1SA/Trax LS FWD 1SA/Equinox LS FWD 1LS/Traverse LS FWD 1LS/Silverado 1500 Crew Cab 4WD 1WT+G80+B30). Annual kilometre limit of 20,000 km, $0.16 per excess kilometre. OAC by GM Financial. Monthly/Bi-Weekly payments may vary depending on down payment/trade. A down payment or trade of $0 and/or $0 security deposit is required. Total obligation is $10,850/$13,446/$16,577/$20,737/$14,772. Option to purchase at lease end is $6,686/$7,915/$11,198/$15,748/$20,304. Excess wear and tear and km charges not included. Other lease options available. ♦$3,500 is a manufacturer to dealer delivery credit (tax exclusive) for 2014 Chevrolet Silverado 1500 Ext. & Crew Cab and is reflected in offers in this advertisement. Other cash credits available on most models. See dealer for details. ▼/♦/***Freight & PDI ($1,600/$1,600/$1,600/$1,600/$1,650), registration, air and tire levies and OMVIC fees included. Insurance, licence, PPSA, dealer fees and applicable taxes not included. Offers apply as indicated to 2014 new or demonstrator models of the vehicle equipped as described. Offers apply to qualified retail customers in the Ontario Chevrolet Dealer Marketing Association area only (including Outaouais). Dealers are free to set individual prices. Quantities limited; dealer order or trade may be required. Limited time offers which may not be combined with other offers. GMCL may modify, extend or terminate offers in whole or in part at any time without notice. Conditions and limitations apply. See dealer for details. +Based on WardsAuto.com 2012 Upper Small segment, excluding Hybrid and Diesel powertrains. Standard 10 airbags, ABS, traction control and StabiliTrak®. ®Bluetooth is a registered trademark of Bluetooth SIG Inc. ♣Comparison based on 2013 Polk segmentation: Compact SUV and latest competitive data available and based on the maximum legroom available. Excludes other GM brands. Δ2014 Silverado 1500 with the available 5.3L EcoTec3 V8 engine equipped with a 6-speed automatic transmission has a fuel consumption rating of 13.0L/100 km city, 8.7L/100 km highway and 11.0L/100 km combined 2WD and 13.3L/100 km city, 9.0L/100 km highway and 11.4L/100/km combined 4WD. Ford F-150 with the 3.5L EcoBoost V6 engine has a fuel consumption rating of 12.9L/100 km city, 9.0L/100 km highway and 11.1L/100 km combined 2WD and 14.1L/100 km city, 9.6L/100 km highway and 12.1L/100 km combined 4WD. Fuel consumption based on GM Testing in accordance with approved Transport Canada test methods. Your actual fuel consumption may vary. Comparison based on wardsauto.com 2013 Large Pickup segment and latest competitive data available. Excludes other GM vehicles. ♣When equipped with available 6.2L EcoTec3 V8 engine (available to order fall 2013). Class is Light-Duty Full-Size Pickups. ◇◇Requires 2WD Double or Crew Cab with available 6.2L EcoTec3 V8 engine and Max Trailering Package. Maximum trailer weight ratios are calculated assuming a base vehicle, except for any option(s) necessary to achieve the rating, plus driver. The weight of other optional equipment, passengers and cargo will reduce the maximum trailer weight your vehicle can tow. Comparison based on wardsauto.com 2013 Light-Duty Large Pickup segment and latest competitive data available. Excludes other GM vehicles. Class is Light-Duty Full-Size Pickups. ◊U.S. government 5-Star Safety Ratings are part of the National Highway Traffic Safety Administration's (NHTSA's) New Car Assessment Program (safercar.gov). ††2014 Cruze LTZ, MSRP with freight, PDI & levies $28,489. 2014 Trax LTZ FWD, MSRP with freight, PDI & levies $30,089. 2014 Equinox LTZ FWD, MSRP with freight, PDI & levies $37,539. 2014 Traverse LTZ FWD, MSRP with freight, PDI & levies $48,289. 2014 Silverado 1500 LTZ Crew Cab 4WD, MSRP $51,379. Dealers are free to set individual prices. †Offer valid only to eligible retail lessees in Canada who have obtained credit approval by GM Financial, have entered into a lease agreement with GM Financial, and who accept delivery from October 1, 2013 through January 2, 2014 of a new eligible 2014 model. General Motors of Canada will pay the first month's lease payment (inclusive of taxes and any applicable pro-rata amount normally due at lease delivery as defined on the lease agreement). After the first month, lessee will be required to make all remaining scheduled payments over the remaining term of the lease agreement. This offer may not be redeemed for cash and may not be combined with certain other consumer incentives available on GM vehicles. General Motors of Canada Limited reserves the right to amend or terminate this offer, in whole or in part, at any time without prior notice. Void where prohibited by law. Additional conditions and limitations apply. See dealer for details. **The 2-Year Scheduled Lube-Oil-Filter Maintenance Program provides eligible customers in Canada, who have purchased, leased or financed a new eligible 2014 MY Chevrolet, Buick, or GMC vehicle (excluding Spark EV), with an ACDelco oil and filter change, in accordance with the oil life monitoring system and the Owner's Manual, for 2 years or 40,000 kms, whichever occurs first, with a limit of four (4) Lube-Oil-Filter services in total, performed at participating GM Dealers. Fluid top offs, inspections, tire rotations, wheel alignments and balancing, etc. are not covered. This offer may not be redeemed for cash and may not be combined with certain other consumer incentives available on GM vehicles. General Motors of Canada Limited reserves the right to amend or terminate this offer, in whole or in part, at any time without prior notice. Additional conditions and limitations apply. See dealer for details. ¥Offer only valid from December 10, 2013 to January 2, 2014 (the "Program Period") to retail customers resident in Canada who own or are currently leasing a Chevrolet Aveo, Cobalt, Caprice, Cavalier, Cruze, Epica, Impala, Lumina, Malibu, Metro, Monte Carlo, Optra Sonic, Spark, Volt, Saturn Ion, Aura, Astra, L-Series, S-Series, Sky, that has been registered and insured in Canada in the customer's name for the previous consecutive six months, will receive a $1,000 Holiday Owner Bonus credit towards the lease, purchase or finance of an eligible new 2014 Chevrolet Sonic, Cruze, Malibu or Impala delivered during the Program Period. Eligible retail customers resident in Canada who own or are currently leasing a Chevrolet HHR, Equinox, Tracker, Uplander, Venture, Astro, Lumina APV, Blazer, Traverse, Trailblazer; Saturn Vue, Relay, Outlook; Pontiac Montana/SV6, Transport, Torrent Aztek, Sunrunner; Buick Rendezvous, Terraza, Enclave, Rainier, Oldsmobile Silhouette, Bravada; GMC Safari, Jimmy, Terrain, Acadia or Envoy, that has been registered and insured in Canada in the customer's name for the previous consecutive six months, will receive a $1,000 Holiday Bonus Owner credit towards the lease, purchase or finance of an eligible new 2014 Chevrolet Trax, Equinox or Traverse delivered during the program period. Only one (1) credit may be applied per eligible vehicle sale. Offer is transferable to a family member living in the same household (proof of address required). This offer may not be redeemed for cash and may not be combined with certain other consumer incentives available on GM vehicles. The $1,000 credit includes HST/GST/QST/PST as applicable by province. As part of the transaction, dealer will request current vehicle registration and/or insurance to prove ownership for the previous consecutive six months. GMCL reserves the right to amend or terminate this offer, in whole or in part, at any time without prior notice. Void where prohibited by law. Additional conditions and limitations apply. See your GM dealer for details. ¥¥Offer only valid from December 10, 2013 – January 2, 2013 (the "Program Period") to retail customers resident in Canada who own or are currently leasing (during the Program Period) a GM or competitor pickup truck to receive a $1,000 credit towards the purchase, finance or lease of an eligible new 2014 Model Year Chevrolet Silverado Light Duty, Silverado Heavy Duty, Sierra Light Duty, Sierra Heavy Duty, or Avalanche. Only one (1) credit may be applied per eligible vehicle sale. Offer is transferable to a family member living in the same household (proof of address required). This offer may not be redeemed for cash and may not be combined with certain other consumer incentives available on GM vehicles. The $1,000 credit includes HST/GST/QST/PST as applicable by province. As part of the transaction, dealer will request current vehicle registration and/or insurance to prove ownership. GMCL reserves the right to amend or terminate this offer, in whole or in part, at any time without prior notice. Void where prohibited by law. Additional conditions and limitations apply. See your GM dealer for details. ‡Offer valid from December 10, 2013 to January 2, 2014 (the "Program Period") to retail customers resident in Canada who take delivery of an eligible vehicle during the Program Period. Credit is a manufacturer to consumer incentive (tax inclusive) and credit value depends on model purchased or leased: $500 Boxing Day Bonus credit valid on 2014 model year Chevrolet/Buick/GMC/Cadillac cars and crossovers; $1,000 Boxing Day Bonus credit valid on 2014 model year Chevrolet Silverado or GMC Sierra; $1,500 Boxing Day Bonus credit valid any 2013 model year Chevrolet/Buick/GMC/Cadillac vehicle. All products are subject to availability. This offer may not be redeemed for cash and may not be combined with certain other consumer incentives. GMCL reserves the right to amend or terminate this offer, in whole or in part, at any time without prior notice. Additional limitations and conditions apply. See your GM dealer for details

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Horoscopes

♈ Aries
March 21 - April 20
Something you have been working on for a long time will bear fruit today. Others may say you've been lucky but the fact is you have laboured long and hard to get this far.

♉ Taurus
April 21 - May 21
You will handle everything life throws at you with grace and style. The planets endow you with limitless self-confidence and the kind of faith that moves mountains.

♊ Gemini
May 22 - June 21
You will have to take on new responsibilities over the next few days, including some of a financial nature. Show the world you have what it takes to handle difficult situations.

♋ Cancer
June 22 - July 23
Although the sun in Capricorn brings partnership problems to the fore, Mercury in your opposite sign will make it easier for you to see things from the other person's point of view.

♌ Leo
July 24 - Aug. 23
Matters of a routine nature will take up a lot of time but once you have completed your tasks you can move on to something more interesting. Whatever else you do today, don't cut corners.

♍ Virgo
Aug. 24 - Sept. 23
This should be a productive day for you — you will get a lot done in a short space of time. Make the most of it because as you move into the New Year not everything will come quite so easily.

♎ Libra
Sept. 24 - Oct. 23
Partners and colleagues will demand more of your time and attention today and if you are smart you will give it to them.

♏ Scorpio
Oct. 24 - Nov. 22
You will get the chance to move up in the world in some way over the next few days and even though your mind may be on other things you must grab the opportunity.

♐ Sagittarius
Nov. 23 - Dec. 21
Money matters must come first today and with Mercury joining the sun in the main financial area of your chart you will get the chance to balance the books.

♑ Capricorn
Dec. 22 - Jan. 20
Decide what is the most important thing you should be doing right now and do it to the exclusion of all else. Your efforts will not be wasted.

♒ Aquarius
Jan. 21 - Feb. 19
What happens today will convince you that life is good and about to get even better. The only reason that your thoughts have been so negative of late is because you have allowed your emotions to blot out common sense. Time to rebalance.

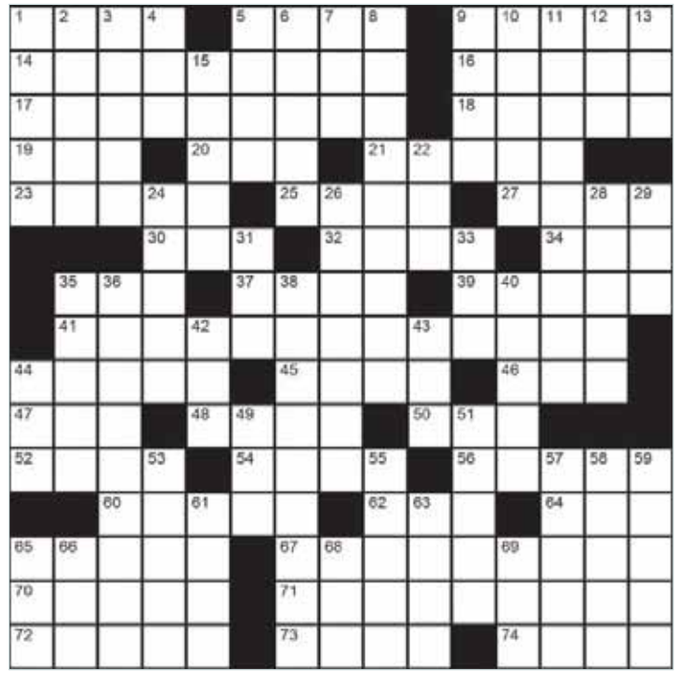
♓ Pisces
Feb. 20 - March 20
Try not to get too emotionally involved in other people's problems. Life is full of ups and downs, and so a more light-hearted approach from you today will be an example for them to follow.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



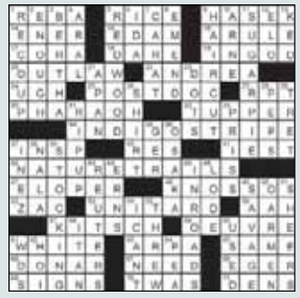
Across

1. "Hush! I __ __ the phone!"
5. Gentle
9. "__ Old St. Nicholas"
14. Artist's work
16. Grow like _ __
17. Saint-Jean-sur-__, Quebec
18. Distributes
19. Pitcher's stat.
20. _ __ mode
21. Pancake dish of Russia
23. Mailing enclosures, commonly
25. Nero's 651
27. Poinsettia part
30. Texter's "incidentally"
32. Jump
34. __-Cone
35. Overseas MTV honour (acronym)
37. Alum
39. Barbera's cartooning partner
41. The Huron Carol bit: "That mighty __ __ / Sent angel choirs instead."
44. Via ship: 2 wds.
45. Singer/songwriter Marvin
46. Prefix to "light"
47. Appropriate
48. Thailand currency
50. Premium car
52. French for "here and there": Ici __ __
54. Ancient portico
56. Distressed cries
60. Saskatchewan village between Regina and Saskatoon
62. American airer since '71
64. Furrow-maker
65. Helicopter part
67. Ontario community east of London
70. Satire
71. Where Canada is trying to lay territorial claim, as in recent headlines: 2 wds.
72. Holiday hue
73. Fellows
74. Belonging to an undercover agent

Down

1. __-ski
2. Ballerina/actress Ms. Shearer of The Red Shoes (1948)
3. Killer whales
4. To the __ power
5. Richard of Night Court
6. Ancient tale
7. Prevarication
8. __ Canada (Book publisher)
9. Actress Ms. Gertz
10. Buck of Hee Haw
11. "Oh, the weather outside is frightful..." Christmas carol: 3 wds.
12. Jeans brand
13. Li'l length units
15. Spread
22. Irish coronation stone, __ Fail
24. Online retail discount
26. Mott's beverage
28. Boredom
29. Bygone bird
31. Early 1920s President [monogram]
33. __ Beta Kappa
35. The Prince of __ (1998)
36. Festive foliage
38. Position in hockey: 2 wds.
40. When management might return from lunch, __ __
42. Music legend Mr. Calloway
43. Bird bill
44. UK defence contractor, _ _ _ Systems
49. Mount __ (Volcano of Japan)
51. Frankincense and __
53. Solo
55. Furious
57. __ it up (Celebrate)
58. Candy-on-a-stick
59. Monica of tennis
61. Welsh opera singer Mr. Terfel
63. Furry friends
65. Semi
66. Hockey Hall of Famer
68. __ _ Turn (Road sign)
69. Madonna's first hubby ... his initials-sharers

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	9		7	8				
	2		5				1	9
		4	2			3		
						9	4	8
6				4				3
4	3	2						
		8			9	6		
7	1				5		9	
				1	3		5	

Yesterday's Sudoku

5	1	2	3	4	8	6	9	7
8	7	4	2	6	9	5	1	3
9	3	6	5	1	7	8	4	2
1	6	7	4	2	5	3	8	9
2	5	8	9	7	3	1	6	4
3	4	9	1	8	6	7	2	5
4	8	5	6	3	2	9	7	1
7	9	1	8	5	4	2	3	6
6	2	3	7	9	1	4	5	8

Today
-13°/-22°
Variable

Wednesday
-13°/-15°
Partly cloudy

Know what the weather will be 14 days from now.
Check the 14 day trend.
©The Weather Network 2013

The power of education makes for more happily ever afters.

Soft Toys for Education is back. For any soft toy or children's book purchased at IKEA between October 27 and January 4, the IKEA Foundation will donate $1 to Save the Children and UNICEF so that more children can go to school.

unicef Save the Children

IKEA

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KFFS20EYMS
- 20 Cu. Ft. Capacity
- Produce Preserver
- Humidity-Controlled Crispers

WAS: $2399.99
NOW: $1699.99
Sli DE-in EI ECTRiC RAng E
YKES590BSS
- Even-Heat™ True Convection
- Enhanced self-clean cycle
- Touch-Activated Controls

WAS: $999.99
NOW: $649.99
DISHWASHER
KUDC10FXSS
- Fold-Down Row in Lower Rack
- Full Stainless Steel Tub
- Hard Food Disposer

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DRYER WAS: $1099.99
NOW: $1799.99 /PAIR

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WFW88HEAC
- 5.0 Cu. Ft. Capacity
- Precision Dispense
- 6 Hour TumbleFresh™
- Cold Wash cycle

DRYER YWED88HEAC
- 7.4 Cu. Ft. Capacity
- Advanced Moisture Sensing
- Quick Refresh Steam Cycle

WASHER WAS: $699.99
DRYER WAS: $599.99
NOW: $899.99 /PAIR

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WTW5500BW
- 4.4 Cu. Ft. Capacity
- Precision Dispense
- 5 Adaptive Wash Actions
- Clean Washer Cycle with Affresh®

DRYER YWED5500BW
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- AccuDry™ Sensor Drying System
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